



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09515, Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS

Report Date: June 30, 2017 05:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	85.61	3	0.046	85.53	85.69	2.0	85.414	85.813	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	234	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein ¹	g	0.63	3	0.000	0.63	0.63	--	--	--	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) ¹	g	0.33	3	0.035	0.26	0.37	2.0	0.179	0.481	1	Analytical or derived from analytical	--	06/2015
Ash ¹	g	0.39	3	0.030	0.33	0.42	2.0	0.261	0.519	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	13.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary ¹	g	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Sugars, total ¹	g	11.46	2	--	11.44	11.49	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

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Sucrose 1	g	4.06	2	--	4.03	4.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) 1	g	3.18	2	--	3.12	3.24	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose 1	g	4.22	2	--	4.22	4.22	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1	mg	18	3	0.353	17	18	2.0	16.216	19.251	1	Analytical or derived from analytical	--	06/2015
Iron, Fe 1	mg	0.34	3	0.006	0.33	0.35	2.0	0.318	0.368	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1	mg	15	3	0.219	15	15	2.0	13.993	15.874	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P 1	mg	16	3	0.088	16	17	2.0	16.087	16.846	1	Analytical or derived from analytical	--	06/2015

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Potassium, K 1	mg	177	3	0.577	176	178	2.0	174.516	179.484	1	Analytical or derived from analytical	--	06/2015
Sodium, Na 1	mg	11	3	0.348	10	11	2.0	9.336	12.331	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn 1	mg	0.08	3	0.000	0.08	0.08	2.0	0.081	0.084	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.049	3	0.001	0.05	0.05	2.0	0.043	0.055	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1	mg	1.357	3	0.026	1.31	1.4	2.0	1.245	1.469	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid 1	mg	6.2	3	0.711	4.8	7.2	2.0	3.176	9.296	1	Analytical or derived from analytical	--	06/2015
Thiamin 1	mg	0.060	2	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin 1	mg	0.080	3	0.006	0.07	0.09	2.0	0.055	0.105	1	Analytical or derived from analytical	--	06/2015
Niacin 1	mg	0.333	3	0.009	0.32	0.35	2.0	0.295	0.371	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.080	2	--	0.07	0.09	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total ¹	μg	17	3	0.751	16	18	2.0	14.071	20.529	1	Analytical or derived from analytical	--	06/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	μg	17	3	0.751	16	18	2.0	14.071	20.529	1	Analytical or derived from analytical	--	06/2015
Folate, DFE	μg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	4.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12 ¹	μg	0.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	μg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	μg	242	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	417	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lipids													
Fatty acids, total saturated	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 ¹	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

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14:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0 1	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:0 1	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

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15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated ¹	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 c ¹	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated ¹	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c ¹	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 t ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated ¹	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c ¹	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated ¹	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

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18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3i ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD